



Kaneohe Community Family Center (KCFC) Family Center News

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The Kaneohe Community Family Center will facilitate the strengthening of families and communities from Kaneohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community

Strengthening 96744 with the 5 Rs Project

Hawaii takes great pride in the concept of Ohana. It gives us the strength to raise our children to be respectful, responsible, caring people. However, pressures in modern times make it harder to support our children. They are bombarded with negative influences and the harmful allure of drugs and deceptive relationships. Our 96744 community must commit to being the Ohana that will guide our children into a promising future. The 5 Rs Project provides a framework for behavior expectations, which can be used to describe appropriate and inappropriate behavior. The Five Rs are:



Respect
Responsibility
Resourcefulness
Relationships
Resiliency



The Five Rs Project is a joint project of the Windward District Department of Education, Honolulu Department of Parks and Recreation, Community Works in 96744, and Hope Chapel Kaneohe Bay.

In the next few months, you will see the Five Rs being put into action all through our community. Sports leagues will begin talking about the Five Rs during pre-practice time. Afterschool programs will begin using the Five Rs as part of their behavior expectations. Our schools, from elementary through high school, will be using the Five Rs in their character education curriculum.

It will take a while, but we believe that as we all work together on this, we will see our keiki grow up to be respectful, responsible, caring people.



For more information on the 5Rs Project, please contact Gordon Miyamoto at 235-7747.

What are the 5 Rs?



Respect
Honoring one's self, others, the environment and authority
Examples: Positive self talk, practice manners, take turns, use positive words and actions, accept others, get permission to use others' belongings, pick up trash.



Responsibility
Taking ownership of one's actions, obligations and commitments
Examples: Be on time, be truthful, keep your word, take ownership of your behavior and work, and follow rules and procedures.



Resourcefulness
Being skilled and imaginative in finding ways to succeed
Examples: Ask for help, choose appropriate tools to complete a task, find, adapt, and invent ways of solving problems, network with others, use good judgement, weigh consequences of actions, and use initiative.



Relationships
Valuing the benefit of respectfully working and playing together
Examples: Respond appropriately to feedback, acknowledge others' accomplishments, work cooperatively, see things from another point of view, consider others' feelings and needs, and volunteer in the community.



Resiliency
Adapting and striving for positive outcomes in adverse situations
Examples: Have a positive, stick-to-it attitude, give people second chances, be flexible, and identify with a positive role model.

Windward Ho`olaulea

Saturday, September 24, 2005
10 a.m. - 10 p.m.

Windward Community College

 An alcohol-free event 



Food! Entertainment! Activities! Crafters!

Performances by: Genoa Keawe, Raiatea Helm,
and Ho`okena



Don't forget...
Grandparents Day
Sunday, September 11th



Kaneohe Community Family Center

COMMUNITY RESOURCE AND REFERRAL

•Phone 235-7747

•Website <http://kcfc.pacthawaii.org>

HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiiipirc.org>

HOME INSTRUCTION FOR PARENTS OF PRESCHOOL YOUNGSTERS (HIPPIY)

<http://www.hippyusa.org>

LEADERSHIP & RESILIENCY PROGRAM

• King Intermediate School

FAMILY CENTER SERVICES

•Family Support

NEIGHBOR-2-NEIGHBOR YOUTH TOBACCO PREVENTION

•Koolau Village
•Kulana Nani

VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

•Clerical and Program Support
•Special Event Child Care

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:

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Holland Henderson, *Program Coordinator*

Leah Gamboa, *Group Facilitator*

Brooke Oleneack, *Group Facilitator*

Stacey Schiller, *Group Facilitator*

PowerPlay!

A basketball and cultural experience



Sept. 8 - Oct. 2
Kokokahi YWCA
45-035 Kaneohe Bay Dr.

Guest coaches and presenters include Clay Cockett, Jeff Won, Nani Cockett, Slack Key Masters Cyril Pahinui and Mike Ka`awa, and Kumu Hula Frank Kawaikapuokalani

Free for members
Membership \$15/year

For an application, call 538-7061 ext. 221

Coordinate your mind, body and spirit both on the court and in the 'field.'

Presented by Kokokahi YWCA and Brother Noland Goodwill Charities



Kokua 'Ohana

Hawaii's keiki need your aloha, your malama, and your kokua. According to the Department of Human Services, 52% of foster children are Hawaiian. Yet, there are only 686 Hawaiian foster homes in Hawaii.

Kokua 'Ohana Project is funded by a grant under the umbrella of Partners in Development Foundation, a non-profit organization. Kokua 'Ohana is committed to supporting foster families in your community.

Be a part of Kokua 'Ohana and volunteer your time in supporting and strengthening the foster families in your community. For more information please call 595-6320.

Website of the Month

Disney Online
FamilyFun



<http://familyfun.go.com/>

• Backyard Activities * Backseat Boredom
• Busters * Crafts * Water Play Ideas

KCFC thanks the Castle High School Key Club for their help folding newsletters this month. We appreciate your time and hard work!

September



- 5th Labor Day Holiday**
- 11th Grandparent's Day**
- 12th Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center 235-7747.
- 6th Windward Community Children's Council** 6 - 7:30 p.m. Health Office 586-5363.
- 8th Aloha Festivals Opening Ceremony** 5:30 p.m. Iolani Palace 589-1771.
- 8th PowerPlay! Basketball and to Cultural Experience** Kokokahi
- 10/2 YWCA.** Please see ad on this page.
- 15th Kaneohe Neighborhood Board** 7 p.m. WCC (Hale Akoakoa, Rm. 103-105) 523-4815.
- 16th Aloha Festivals Downtown Mele** 6 p.m. Bishop Street to Merchant Street to Smith Street
- 17th Nightwalk at Hoomaluhia Botanical Garden** 6:30 - 8:45 p.m. Limited space! Call 233-7323 to register. Walking shoes, insect repellent, rain gear, and flashlight recommended.
- 17th Aloha Festivals Floral Parade** 9 a.m. Begins at Ala Moana and ends at Kapiolani Park 589-1771.
- 21st Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. All grandparents welcome. Bernie 235-7613.
- 23rd Ohana Concert at Windward Mall** 6:30 - 7:30 p.m. Featuring Sean Na`auao.
- 24th Windward Hoolaulea** 10 a.m. - 10 p.m. Windward Community College. Food, crafts, games and activities. Entertainment by Genoa Keawe, Raiatea Helm and Ho`okena 235-7747.
- 26th Community Works in 96744 Townhall Meeting** 7 p.m. Location to be announced. For more information, call 235-7747.

OGYA Grief Support Group for Children, Teens & Family will not be meeting this month. Meetings will resume in October. CynthiaWhite 735-2989.

Sponsoring a free or low cost event that may be of interest to Kaneohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. kcfc@pacthawaii.org